



**Take steps to fight America's #1 & #3 killers – HEART DISEASE & STROKE!**

The Heart Walk is a national event that raises funds to support the American Heart Association's continuing fight against heart disease and stroke.

A live band and special guests will keep your toes tapping and raise your spirits. Healthy, delicious treats await you in the food court... perfect for post-walk energy!



#### **Fun & Fitness**

- 1 mile non-competitive walk
- Live entertainment
- Free snacks and refreshments
- Stress reduction

#### **Wellness Activities**

- Blood pressure screenings
- Body fat testing
- Nutrition information
- Fitness and exercise

**For more information, please contact Jeannie Howell or Katie Fuller at 916-446-6505**

[Katie.Fuller@heart.org](mailto:Katie.Fuller@heart.org) [Jeannie.howell@heart.org](mailto:Jeannie.howell@heart.org)

[www.sacramentoheartwalk.org](http://www.sacramentoheartwalk.org)

**Thursday, Sept. 18, 2008**  
**Capitol Park (West Steps) - Sacramento**

**Join us anytime between 11:30 AM – 1:30 PM**

*Sponsored by the Department of Personnel Administration*